

Further information and useful telephone numbers

Gynaecology clinic

Tel: 020 8887 2518

Gynaecology Appointments

Tel: 020 8887 2531

NHS Direct

Tel: 0845 4647

Patient Advice Liaison Service (PALS)

Tel: 0208 887 4172

Websites

www.nhsdirect.nhs.uk

www.rcog.co.uk

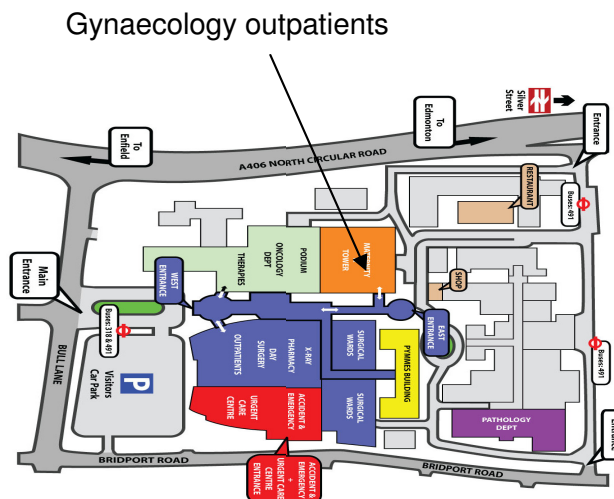
If you would like this leaflet translated, please contact the Linkworkers Service on:

Tel: 0208 442 6351 /6603

Tel: 0208 442 6610/6634

Large print copies of this leaflet can be made available on request

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Information about you

All NHS staff have a legal duty to keep information about you confidential. This means that your personal information must be used fairly and lawfully. You have a right to access the information held about you. You can find out about what information we have about you by writing to:

Data Protection Officer
North Middlesex University
Hospital NHS Trust
IT Department
Sterling Way
London N18 1QX

North Middlesex University Hospital **NHS**
NHS Trust

Hysteroscopy (Outpatients)

Information leaflet for
patients, relatives and carers

Gynaecology Department

What is a Hysteroscopy?

Hysteroscopy is a telescopic examination of the inside of the womb and it may be carried out during your visit to the clinic following consultation with one of our doctors.

There will be two nurses assisting the doctor during the examination.

Before the procedure

The use of general anaesthetic is not required to perform this procedure; therefore, you should drink and eat as normal.

If you wish, you can take two tablets of your usual painkiller one hour before your appointment to help with pain control.

During the procedure

During the hysteroscopic examination, a fine telescope is passed through the neck of the womb to look inside to see if there is any abnormality, which may be the cause of the problem.

This takes only a few minutes and afterwards a small biopsy from the lining of the womb may be taken.

If any polyp is seen inside of the womb, it can also be removed during the same examination.

After the procedure

You will be able to go home shortly after the procedure.

The whole visit to the clinic should take approximately 45 minutes to 1 hour. It would be best if you could arrange for a relative or friend to accompany you home.

Possible complications

This procedure is very safe and complications such as infection or passing the telescope through the wall of the womb are rare.

- **Infection** - To help avoid any infection following a hysteroscopic examination you should not have sexual intercourse or use internal tampons until all bleeding has stopped.

You should contact the hospital or your General Practitioner in the event of:

- **Abdominal pain** - persistent abdominal pain
- **Vaginal discharge** – if you experience offensive or profuse discharge
- **Bleeding** – heavy vaginal bleeding

If you think you may be pregnant or that your period will be due on the day of the appointment please contact us to arrange another appointment.

This procedure is routinely done under local anaesthetic. Instead, if you would prefer to have a general anaesthetic or if you wish to discuss any other aspects of your care regarding this procedure, please ring or **0208 887 2531** to make appropriate arrangements.